



ARC Atlanta Regional Commission

Encourage Healthy Lifestyles

Good health among older adults depends on two factors – the choices individuals make in their day-to-day lives and a variety of environmental and socio-economic factors in their community. That is why the Atlanta Regional Commission takes a two-fold approach to healthy living that addresses both **individual** and **community health**.

Good health begins with **personal responsibility** and **healthy behaviors**. To encourage healthy behaviors, ARC disseminates information about programs and services that empower older adults to take charge of their health. These programs address self-management of chronic disease and coach seniors after a hospital stay. Other programs provide community-based preventive services and address nutrition and physical activity. In addition, social and personal enrichment programs help older adults stay engaged and healthy. For information about programs that encourage healthy behaviors, please visit www.atlantaregional.com/hw.

Communities encourage and support healthy residents by providing access to physical activity and exercise, healthy foods and healthcare – important goals of ARC’s Lifelong Communities. Biking and walking paths, safe and accessible sidewalks, neighborhood farmer’s markets, community gardens and accessible transportation options are examples of community options that promote health. Additional information about Lifelong Communities is available at www.atlantaregional.com/lc.


Lifelong Communities
places individuals can live throughout their lifetime

Encourage Healthy Lifestyles

Goal:

To encourage and facilitate healthy lifestyles, for communities and individuals, in order to improve the quality of life for older adults and caregivers in our region.

Healthy Aging Coalition:

- » Aging Services
- » Public Health
- » Healthcare Providers
- » Health Organizations
- » Parks & Recreation
- » Universities/Colleges
- » Faith-based Entities

Promote Physical and Social Well-being

- » Walkable Communities
- » Healthy Eating / Nutrition
- » Health: Wellness Outreach & Education
- » Self-management programs

Promote Access to Healthcare

- » Medical Services
- » Community Health
- » Mental Health Care
- » Vision, Hearing & Dental Care
- » Long Term Care Options

Promote Preventive Health Services

- » Clinical Preventive Services
- » Evidence-based Programs
- » Community Education
- » Medication Management

Community:

- » Walkability Assessments & Solutions
- » Accessibility to Businesses & Services
- » Walking Trails & Parks
- » Community Gardens
- » Farmer's Markets

Individual:

- » RSVP Education Sessions
- » Falls Prevention
- » Weight Management/Weight Loss

Community:

- » Transportation Options
- » Aging & Mental Health Task Force
- » Georgia Oral Health Coalition

Individual:

- » Aging Information Services/ADRC
- » Care Transitions

Community:

- » SPARC
- » ARGEC

Individual:

- » CDSMP
- » Personal Health Records